

Myocardscintigrafie

Informatie in het Engels

Naar het ziekenhuis? Lees eerst de informatie op www.asz.nl/brmo.

**albert
schweitzer**

NB!

Special Preparation

Do not consume caffeine 24 hours before the examination. Caffeine can make the test results unreliable.

Examples of products containing caffeine to **avoid**:

- Coffee (including decaf)
- Tea (all varieties)
- Cola (all varieties)
- Chocolate, chocolate milk or other products containing chocolate
- Energy drinks (e.g. Red Bull)
- Paracetamol with caffeine

You may have a light breakfast at home on the morning of the test, for example, a rusk and a glass of juice. Again, **no caffeine**.

If you do eat or drink something with caffeine, the test cannot take place.

You will be put back on the waiting list for another appointment.

Introduction

You have an appointment for a myocardial perfusion scan (scintigraphy) soon. This brochure has more information about the test.

Purpose of the Test

A myocardial perfusion scan provides information about the blood flow, wall motion and pumping function of your heart muscle after exercise and at rest.

Preparation

- Caffeine can affect the results of the test. You may not consume it for 24 hours beforehand. For more information: see the grey box at the front of the leaflet.
- Some medicines may affect the results of this test. Your cardiologist or attending physician will tell you which medicines you should stop taking temporarily. If you have any questions about your medication, you should contact your attending specialist's outpatient clinic. Please bring these medicines with you to the hospital so that you can take them immediately after the test.
- If you take Persantine (dipyridamole), you must stop taking this 48 hours before the test. Please contact your specialist about this.

- You may have a light breakfast at home on the morning of the test, for example, a rusk and a glass of juice. Please note that you may not drink tea, coffee, cola, chocolate milk or energy drinks at this time either.
- You will need to cycle on an exercise bike during the test. We, therefore, recommend that you wear comfortable clothes and shoes.
- We advise you not to wear necklaces on the day of the test as they will get in the way.
- Please bring your medicine list or medicine boxes to the test.
- If you have diabetes mellitus (diabetes), call the Nuclear Medicine Department in advance. You will then be told whether additional preparation is needed.

Pregnancy and breastfeeding

If you (think you) are pregnant or are breastfeeding, call the Nuclear Medicine Department in advance. You will then be told whether or not the test can take place.

The Test

Your Experience

We try to explain as clearly as possible what you can expect in terms of discomfort or pain as part of any test. That said, all people experience things differently and in their own way. If there is anything you are apprehensive or anxious about, please let us know so we can take this into account.

The Stress Test

The medical nuclear technologist will insert an IV line into a blood vessel in your arm. You will then go to another room where the co-worker will ask you to uncover your upper body.

If you are wearing a bra, you may keep it on. To take a heart film, the co-worker applies ECG suction pads to your chest. During the stress test, you will be connected to an ECG monitor to monitor your heart rhythm. Your blood pressure will also be measured several times during the test.

The stress test starts with a cycling test. If you are unable to cycle, you will be given a medicine (Persantine or Regadenoson) via the IV line. This medicine dilates the coronary arteries and mimics physical effort.

When you reach maximum exertion or after administration of the Persantine or Regadenoson, a small amount of a radioactive agent is administered into your arm via the IV line. You will not notice this. After injecting this solution, the cycling test requires you to continue cycling for 1 minute.

To ensure that the radioactive agent is optimally absorbed into your heart muscle, you must wait at least ½ hour before images are taken with the gamma camera.

You will be given a glass of milk and a slice of gingerbread with butter while you wait. This reduces interference from your gallbladder and intestines in the images. You should then drink two glasses of water just before the scan. A staff member will tell you when to do this.

It takes about ½ hour to take the images. While the images are being taken, your upper body will be uncovered.

Tip: wear wide-sleeved clothing on the day of the test. An IV line will be inserted in your arm and wide sleeves will make it easier for you to get dressed and undressed.



The machine used to take the images.

The Rest Test

The rest test is done several hours after the stress images have been taken. This is done in the same way as the stress test but without the cycling test.

After injecting the radioactive agent, the IV line is removed. Again, you will be given milk, gingerbread and water before the scan.

The test takes about 5 hours in total. You will remain at the hospital for the duration.

A medical nuclear technologist will perform the test.

The Gamma Camera

The device used to do the imaging is called a gamma camera. You do not *lie* in a tunnel. The radioactive agent allows a gamma camera to visualise your heart.

The radioactive substance is not dangerous for you or those around you.

You must remain still and breathe calmly during the imaging.

More information can also be found on the Nuclear Medicine Department website at www.asz.nl

After the Test

The radioactive agent will have left your body within 24 hours.

The results of the test will be sent to your specialist who requested the test. They will discuss the results with you.

To Conclude

We will do everything we can to stick to your appointment time, so please be on time for the test.

If you are unable to attend on time, please let us know as soon as possible so we can cancel the radioactive agent ordered for you.

If you have any questions after reading this leaflet, feel free to call the Nuclear Medicine Department, location Dordwijk, at +31 (0)78 652 32 90 from Monday to Friday between 08:00-16:30. We will be happy to help you.

Albert Schweitzer ziekenhuis
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